

Living the Health Pledge

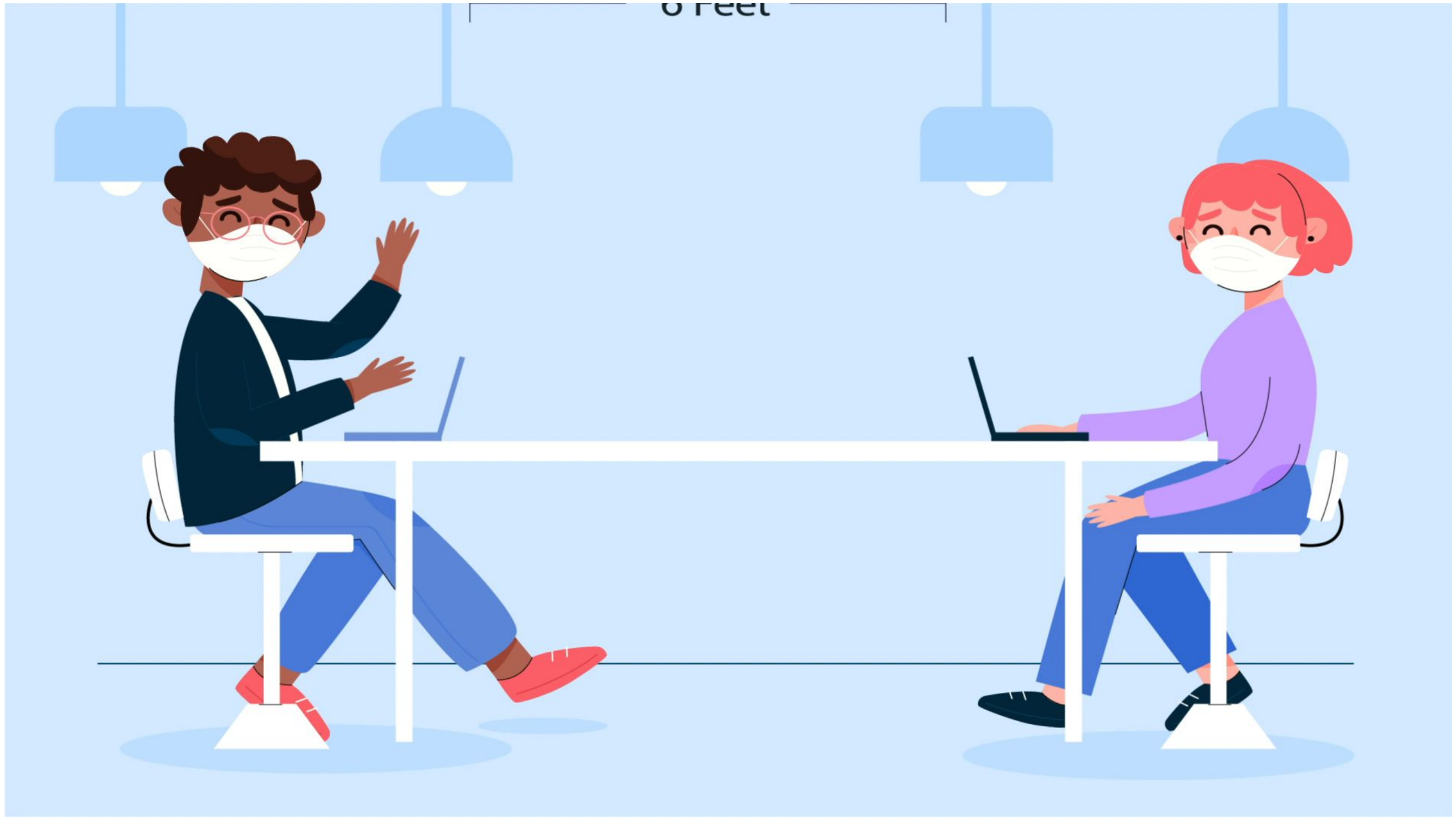


STEM Innovation Program

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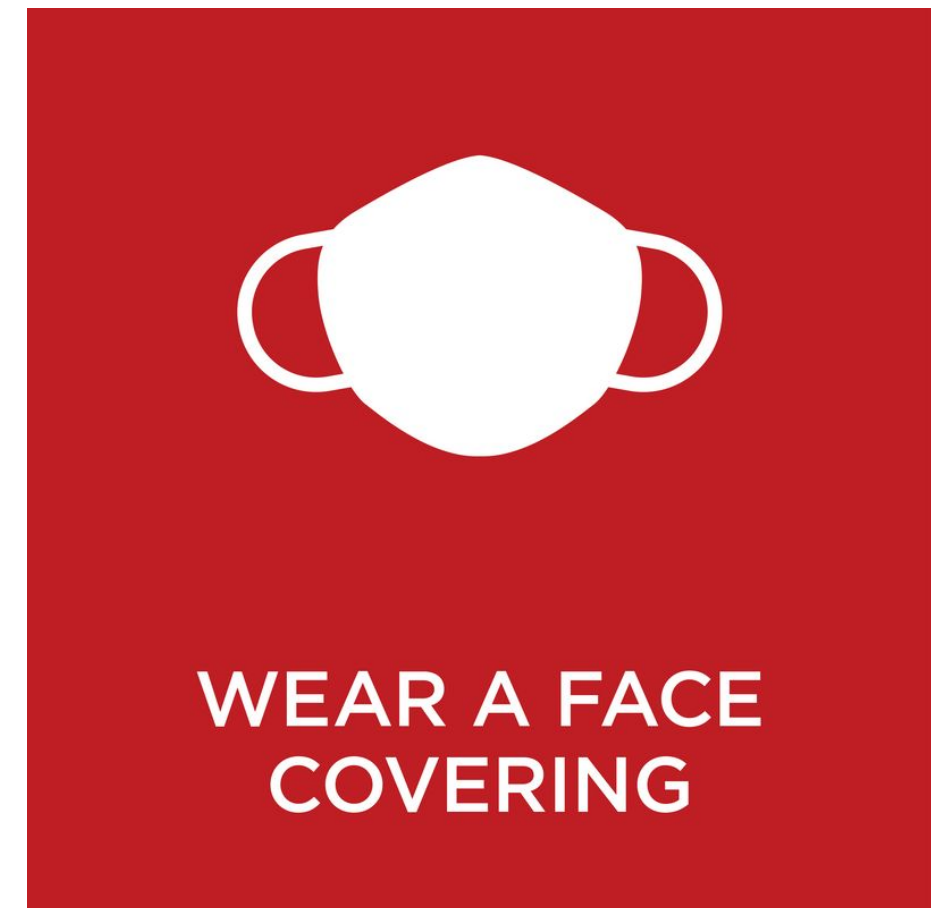
1. Face Coverings

- Always carry a face covering
- Face coverings must
 - completely cover the nose and mouth
 - fit securely and snugly against the sides of the face
 - extend from below the chin to above the nose



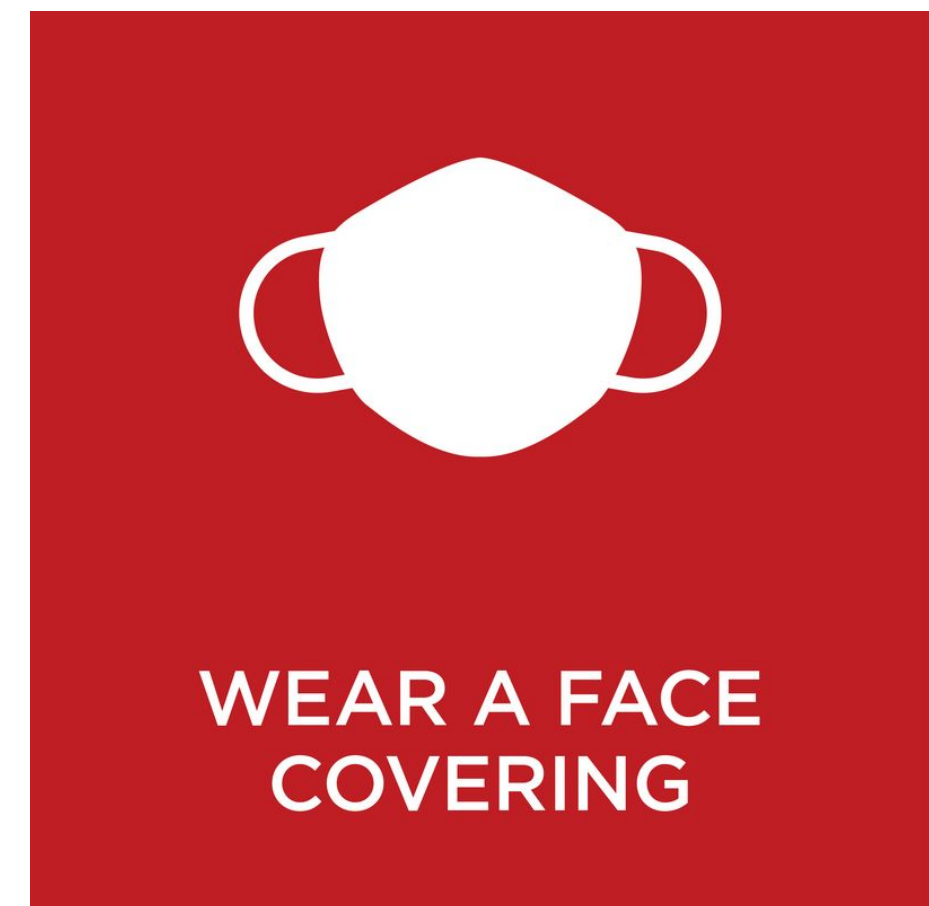
1. Face Coverings

- Students are encouraged to provide face coverings of their choosing
- Middlebury will provide two cloth face coverings to each student upon arrival and will make additional face coverings available for those who cannot provide their



1. Face Coverings

- Face coverings will be for sale at the bookstore and MiddXpress
- Individuals are expected to launder and care for their own face coverings
- If single-day-use masks are used, they must be disposed of responsibly
- Masks with one-way valves will not be allowed on campus, as these masks do not effectively protect others from the individual wearing



1. Face Coverings

- Students who live on campus must wear face coverings in all residential areas outside their bedrooms, including
 - bathrooms
 - lounges
 - hallways
 - and all other common spaces in the residence hall



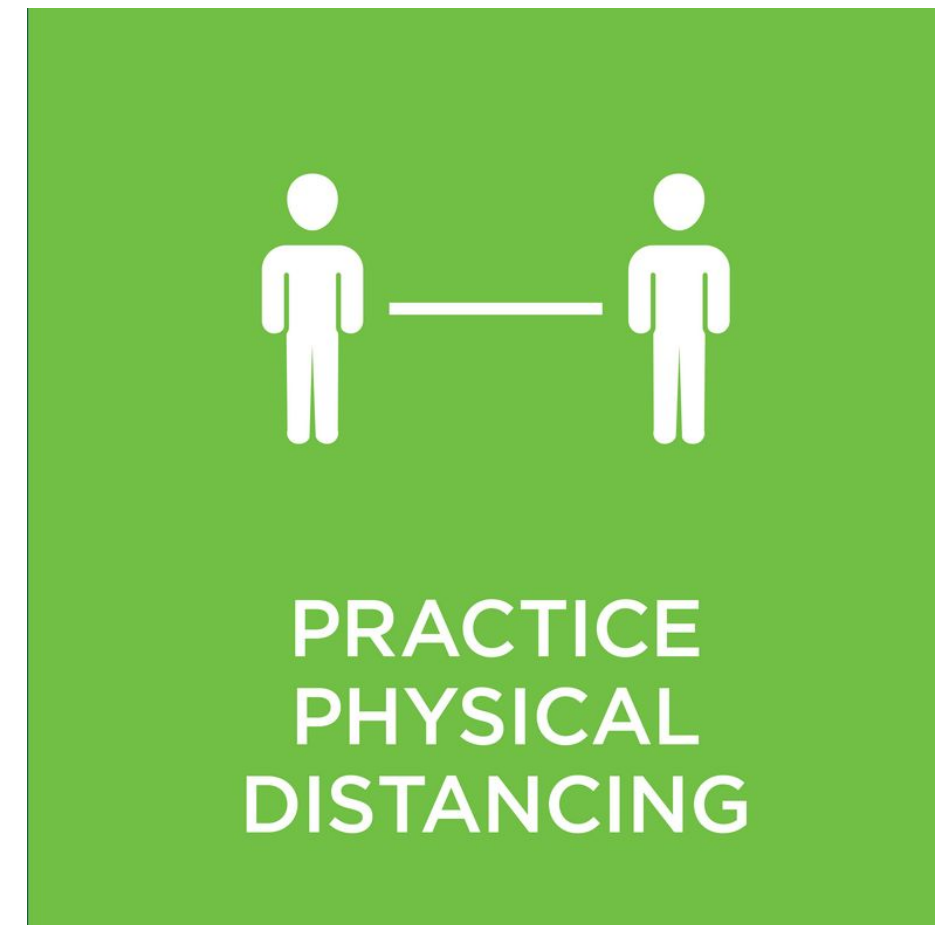
1. Face Coverings

When you remove your face covering to eat, maintain physical distance from others (a minimum of six feet).



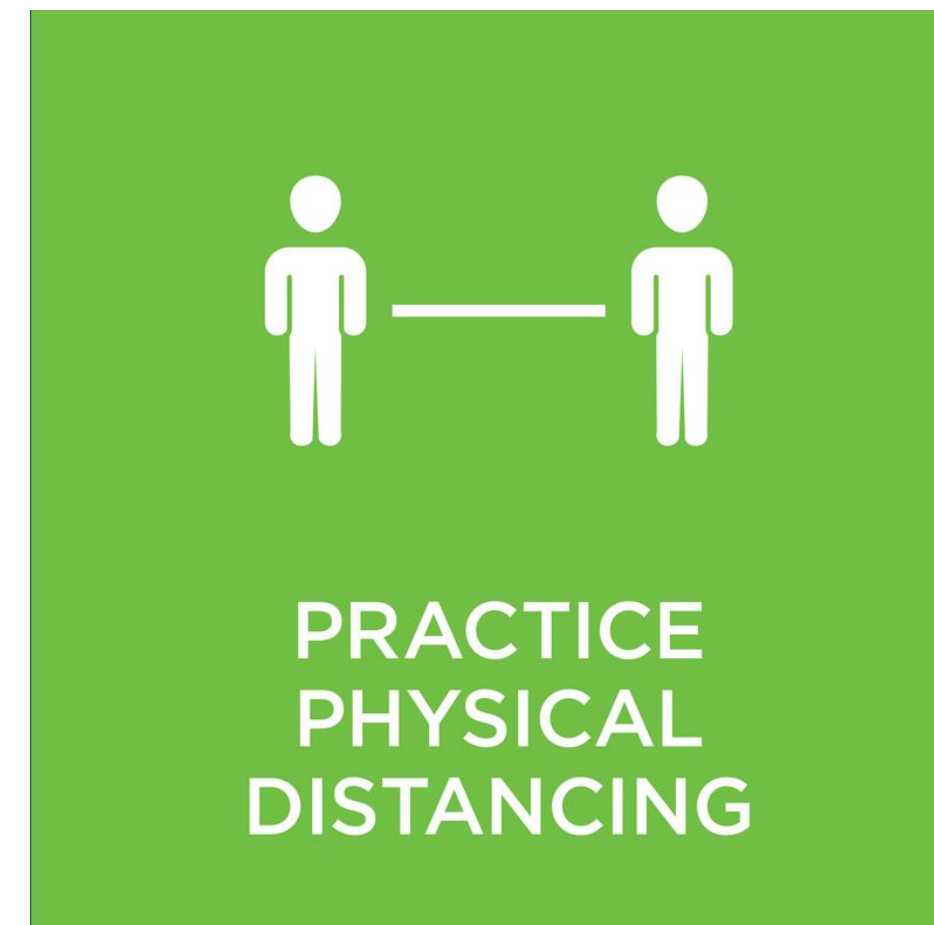
2. Physical Distancing

All students, faculty, and staff must observe physical distancing.



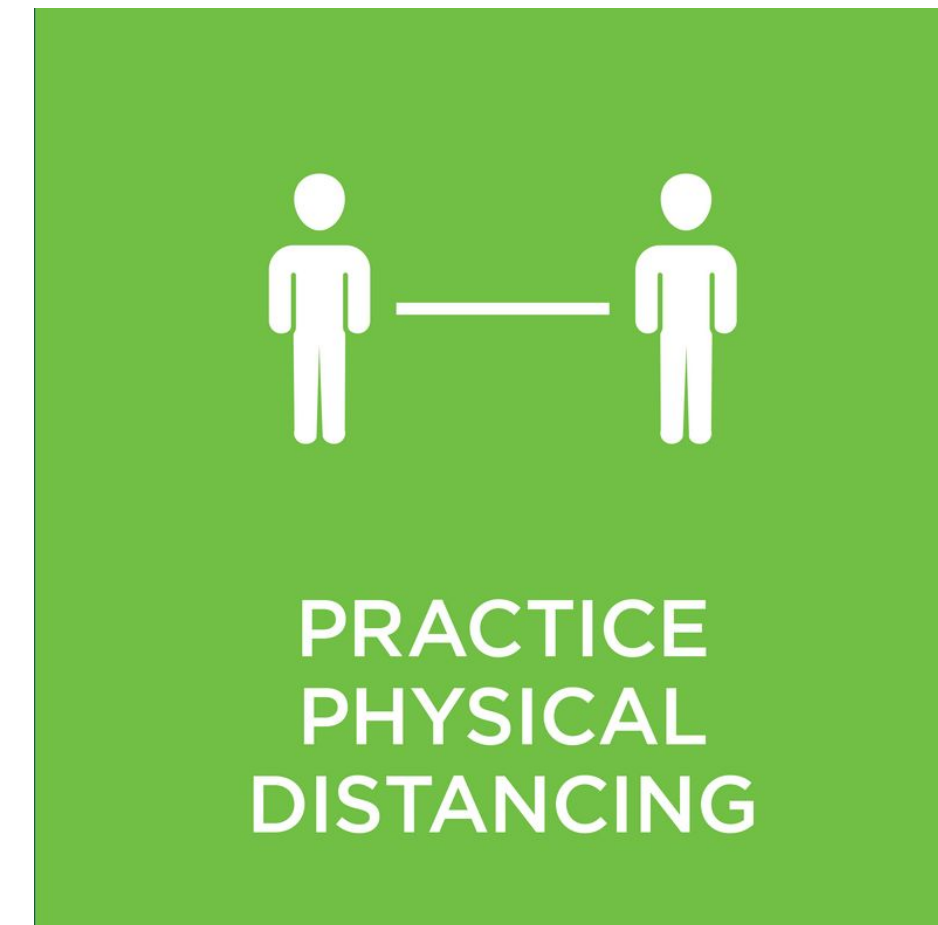
2. Physical Distancing

Physical distancing is essential as we start the year together.



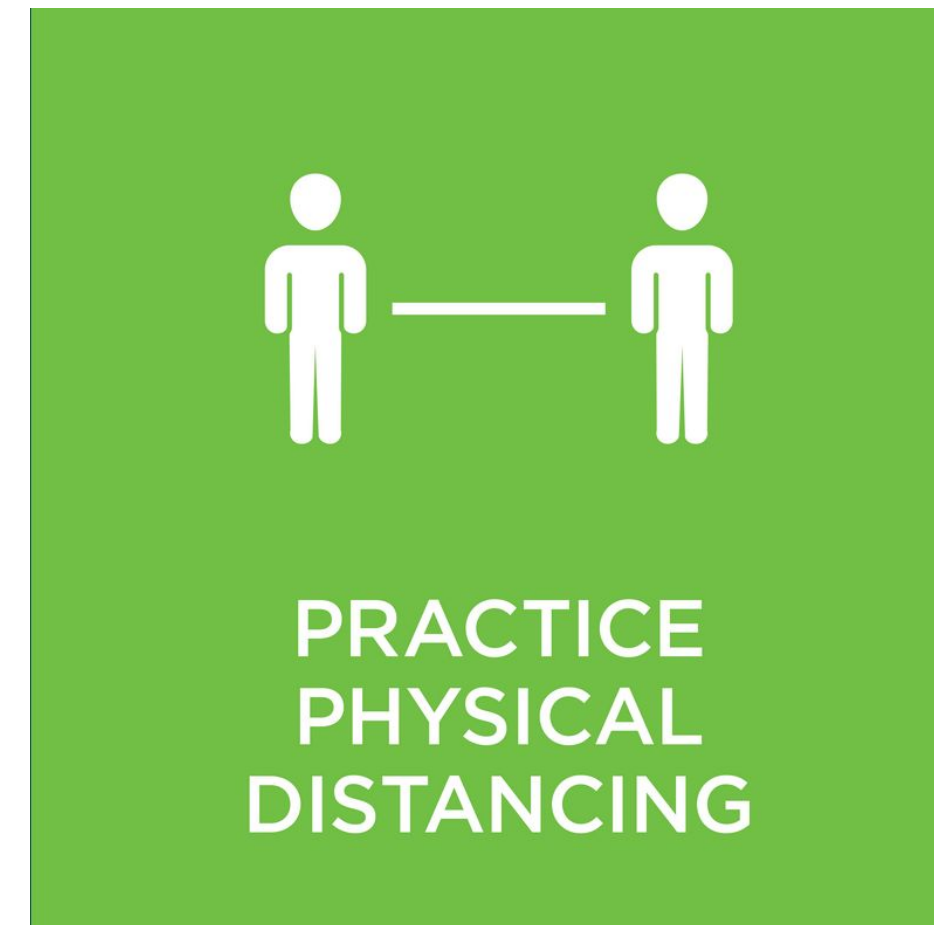
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- All campus spaces will be adjusted and rearranged to allow for physical distancing 
- An adjusted COVID-19 Safety Max Occupancy will be posted at each space and must be strictly adhered to



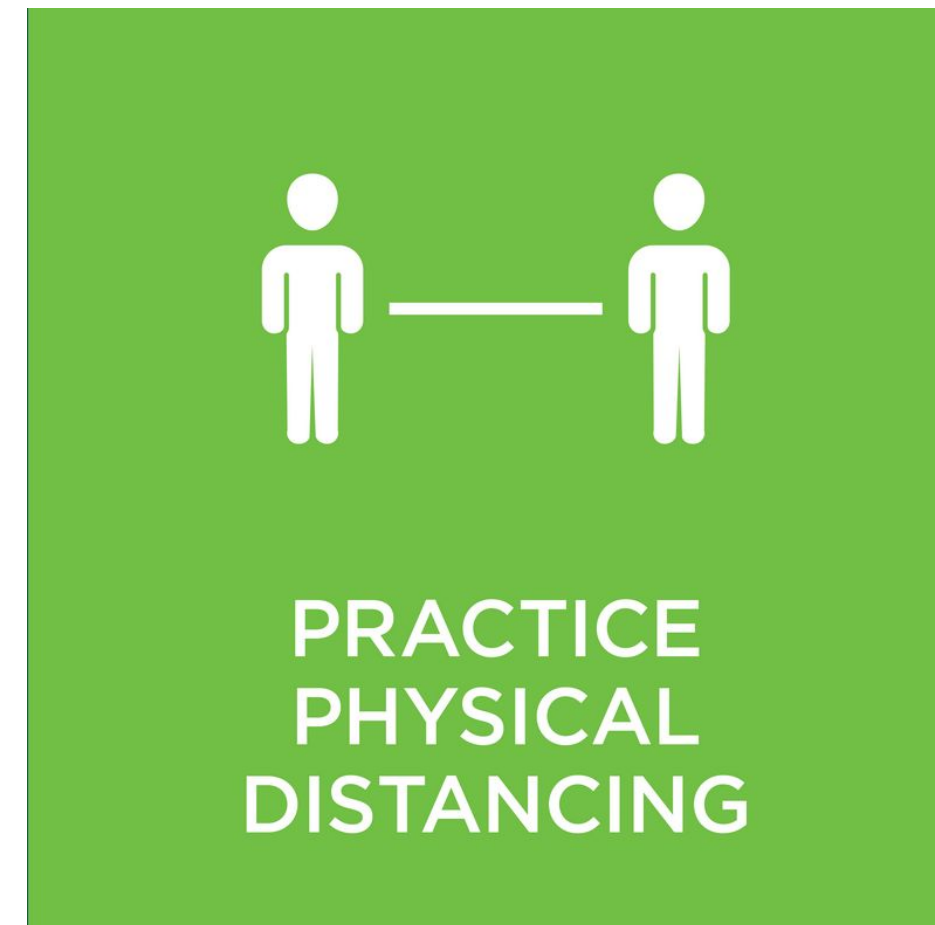
2. Physical Distancing

- High-traffic buildings may have established ingress and egress points
- Signs will direct you to the new traffic patterns
- Signs and floor markings will be visible in many locations throughout campus that instruct physical distancing and other



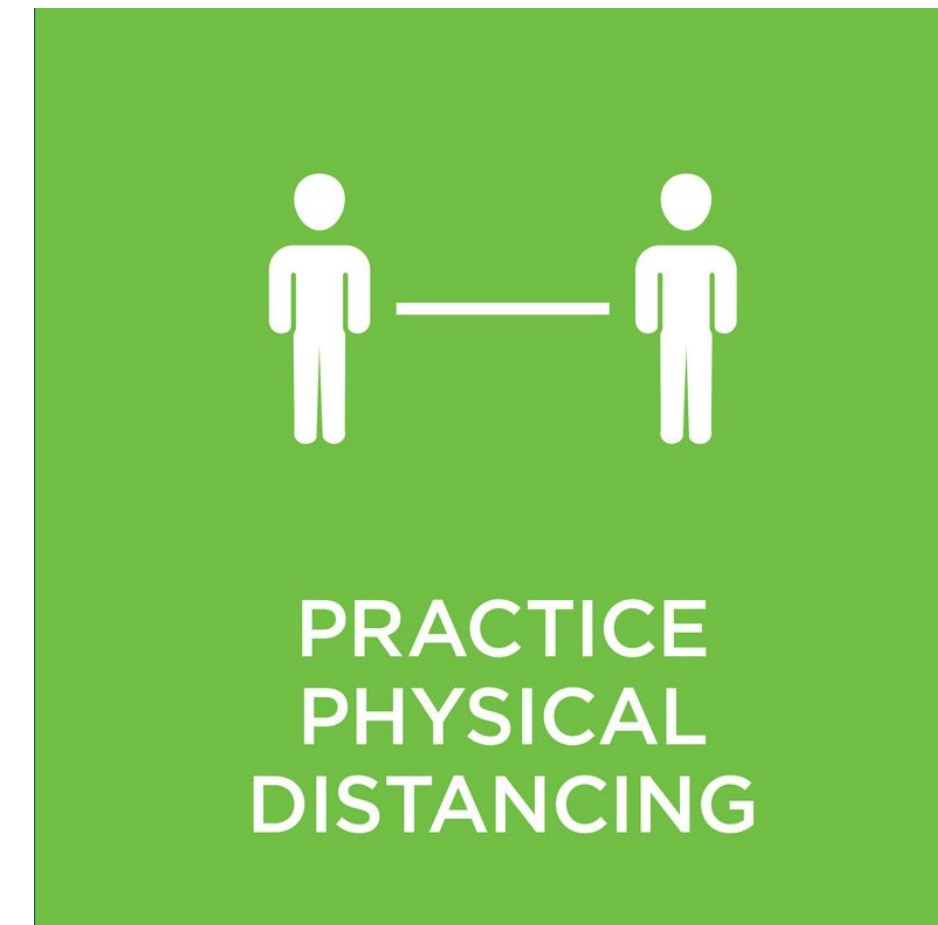
2. Physical Distancing

- Adjusted COVID-19 maximum occupancies will be posted in residence hall spaces and must be adhered to
- Social gatherings of up to 10 people will be allowed in locations other than residence rooms/suites/houses, but only in spaces where strict physical distancing can be maintained



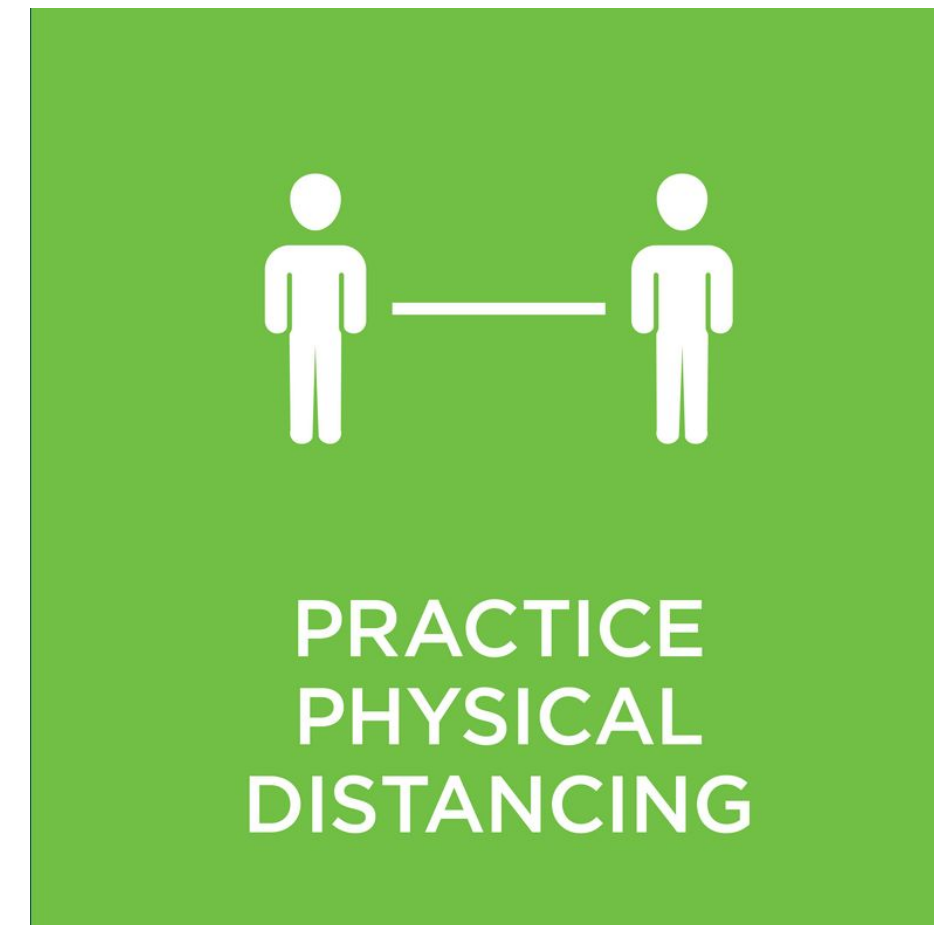
2. Physical Distancing

- College staff, including those in Custodial Services, Residential Life, and Public Safety, may need to enter residential buildings to provide services and student support
 - It is critical that physical distancing is maintained and face coverings are worn in order to protect staff from



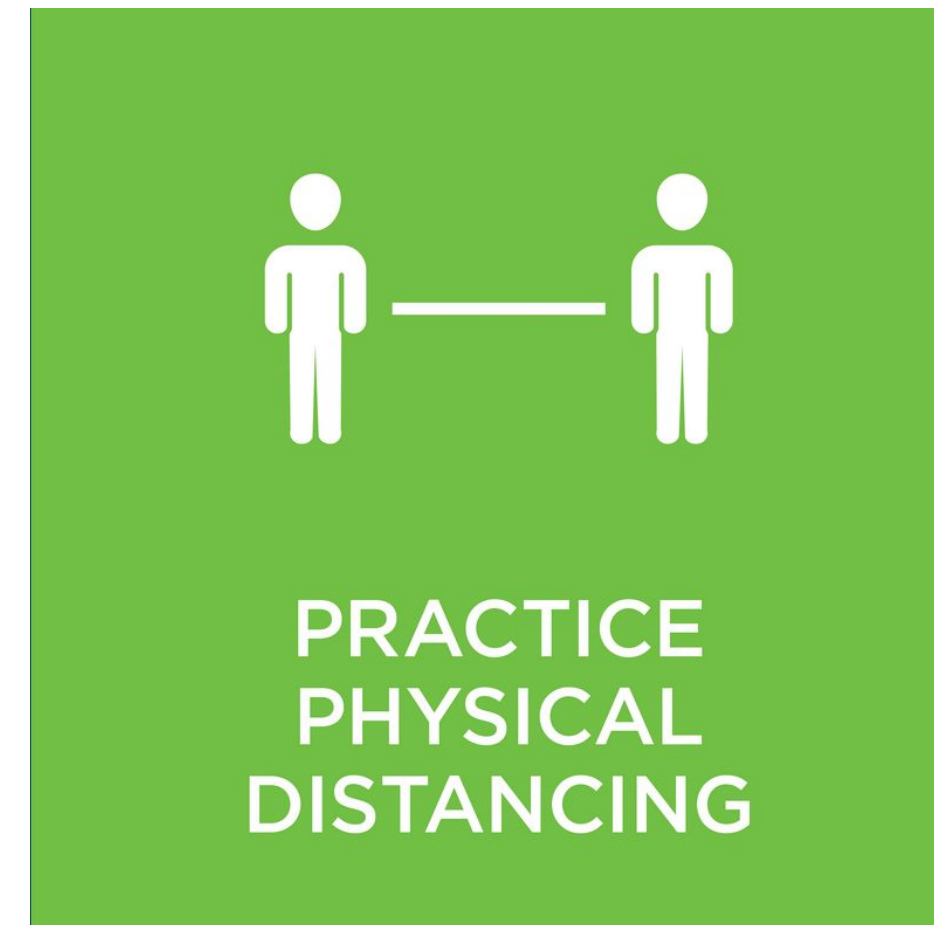
2. Physical Distancing

- Students and faculty must maintain a physical distance of six feet from each other during in-person instruction
- Classroom capacities have been reduced to accommodate distancing



2. Physical Distancing

- Organized campus events and casual social gatherings among friends will occur on campus this fall
- Gathering sizes will be dictated by which phase the campus is operating under
- All gatherings and events, regardless of size, must ensure



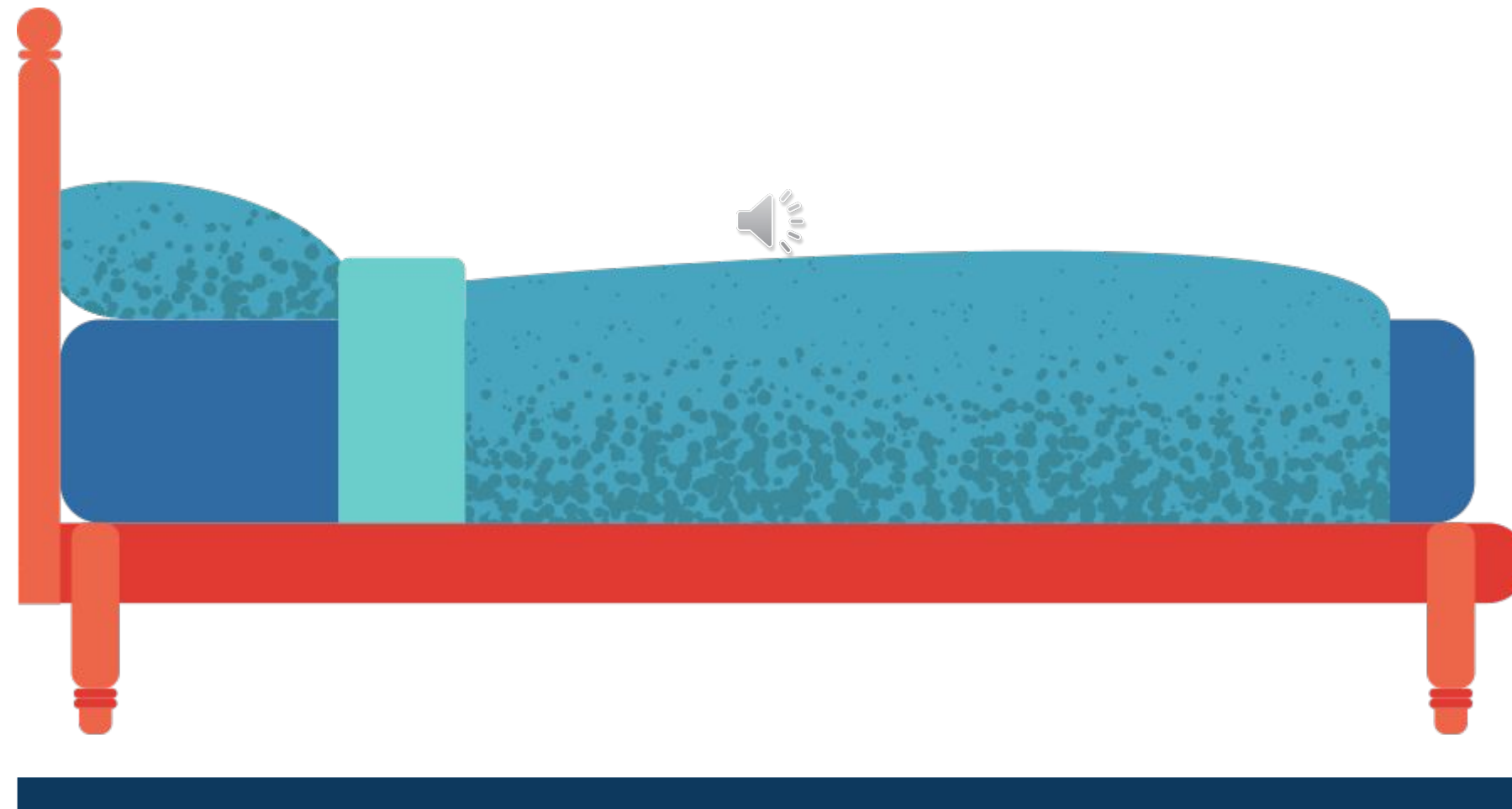
2. Physical Distancing



6

feet

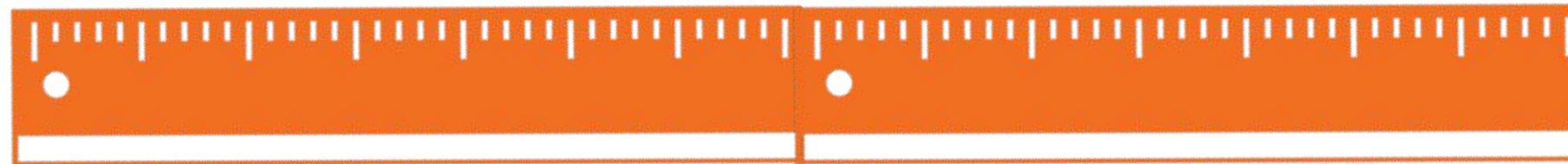
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6

feet

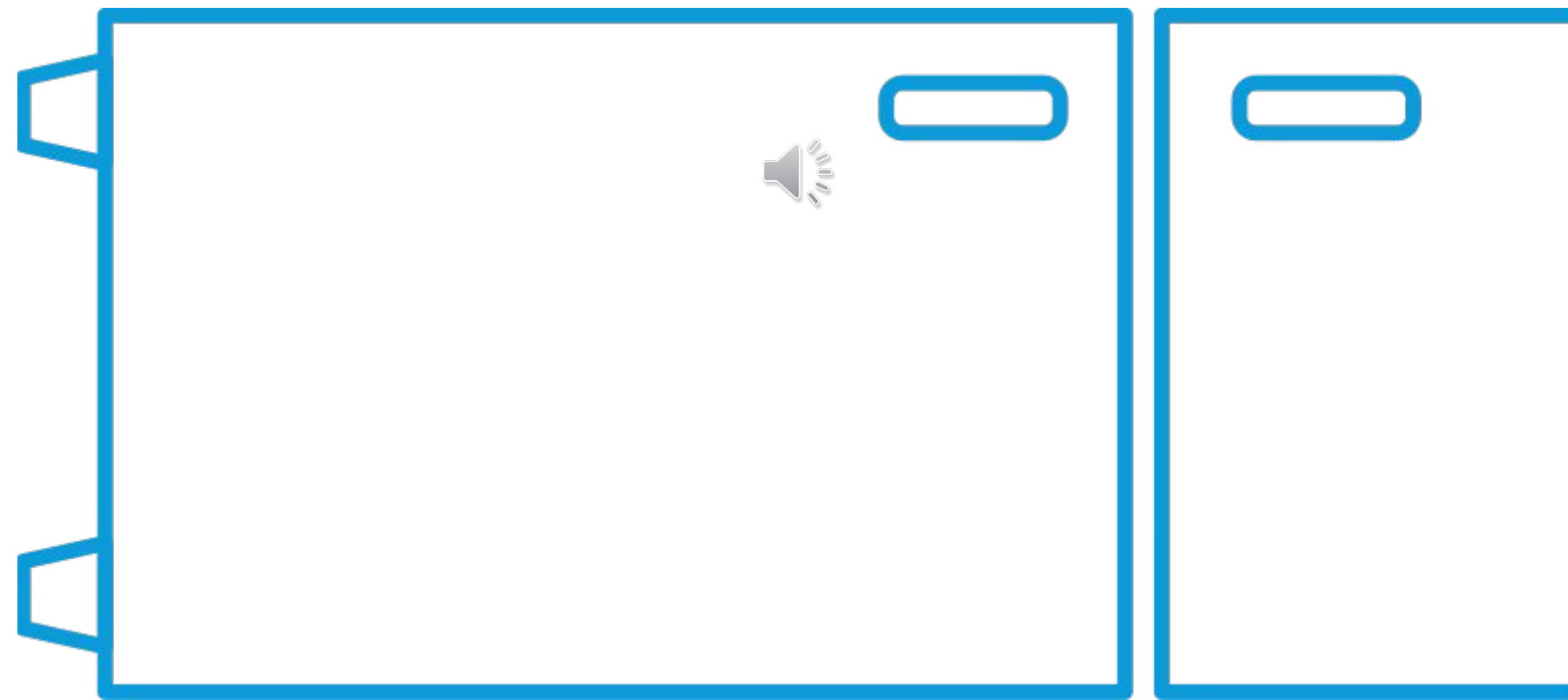
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6

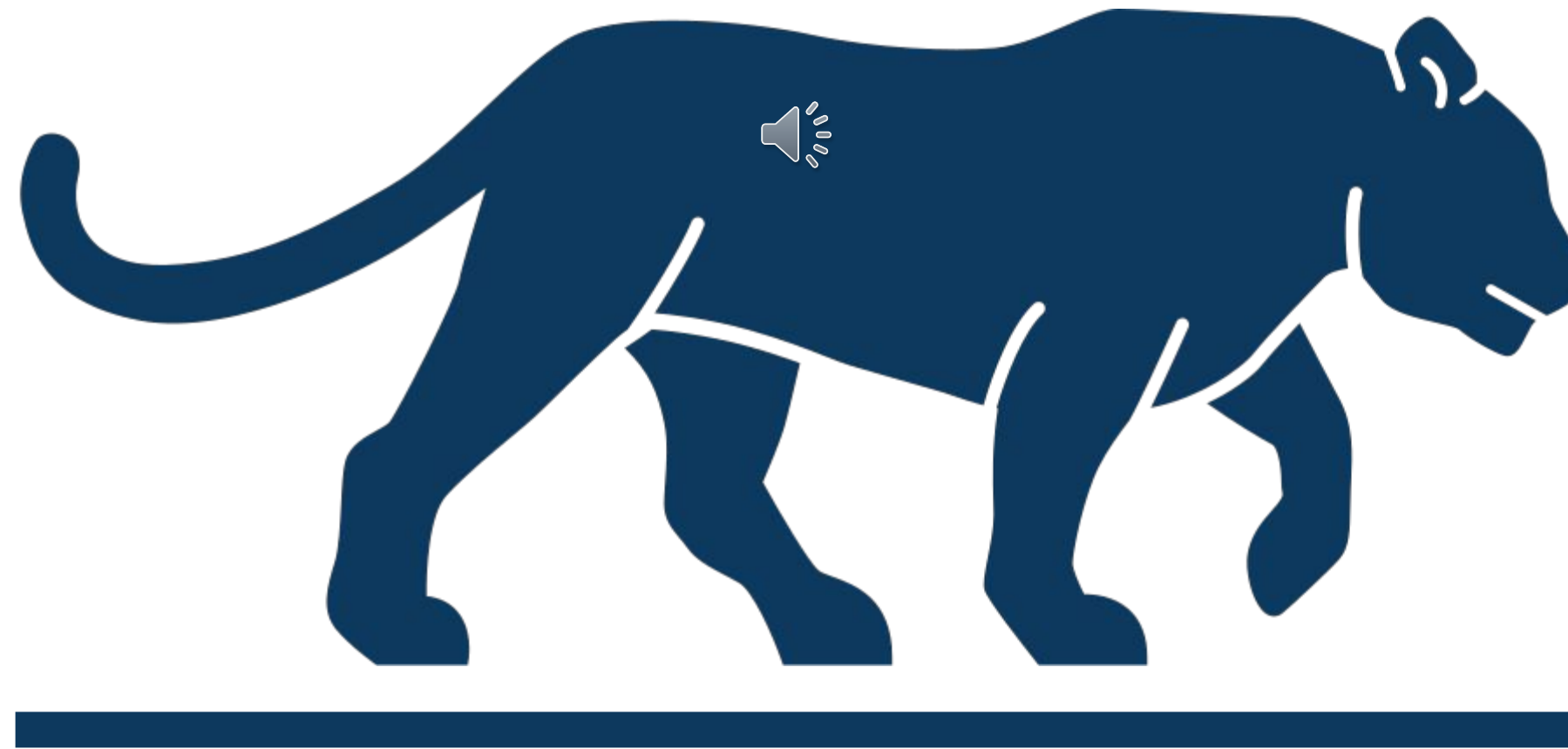
feet

2. Physical Distancing



6
feet

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6
feet

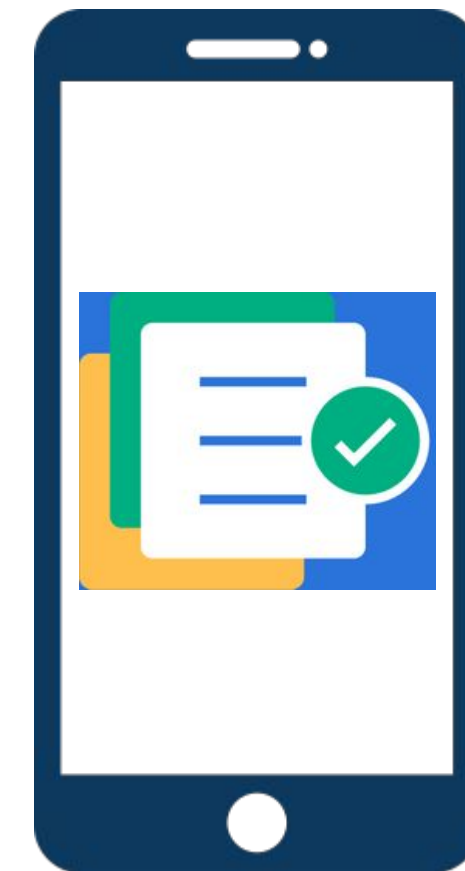
3. Hand Hygiene

- Frequently and thoroughly wash your hands with soap and warm water for at least 20 seconds
- Use a hand sanitizer that contains at least 60 percent alcohol



4. Daily Health Check

- All students, faculty and staff must complete a daily health check prior to interacting with anyone on campus including
 - going to class or work
 - going to a dining hall
 - participating in any campus activity

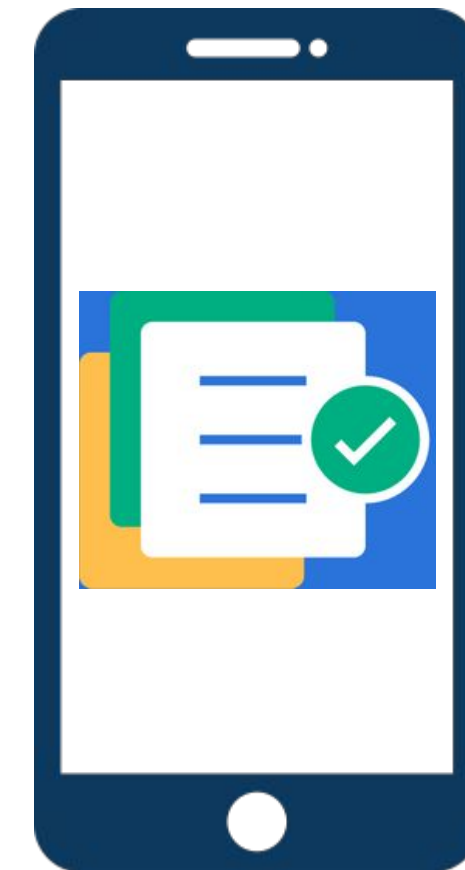


4. Daily Health Check

You'll need to download the PolicyPath app to complete your daily health check.

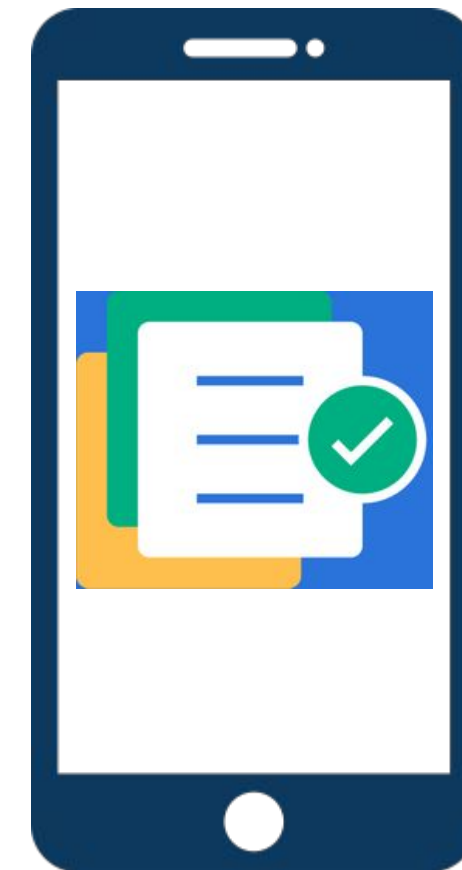
More information on the app is available at:

- go/policypathfaq



4. Daily Health Check

All students are required to bring a personal thermometer to campus to check their temperatures daily.

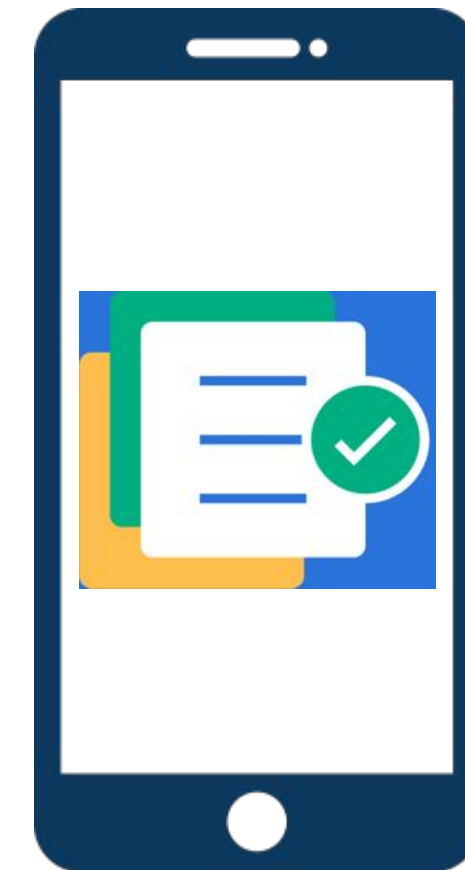


4. Daily Health Check

Students

- with any symptoms that may be associated with COVID-19
- believe they have been in close contact with someone who is positive for COVID-19
- have tested positive for COVID-19

...should not come to campus



5. Influenza Vaccination

- Reducing the amount of flu cases in our community protects individuals, the campus community, and our healthcare resources 
- Flu vaccines will be offered on campus at no additional cost this fall



Skills to Support the Health Pledge

Consent and Communication

- Reflect on your personal boundaries
- Communicate your preferences/limits
- Ask others how they plan to stay safe and what you can do to support them
- Be willing to adapt social plans to those who might be less comfortable
- Return to discussions about boundaries for yourself and with others as the community's expectations change



Consent and Communication

"Thank you for telling me that it's feeling too crowded in this tent for you to feel comfortable eating here. Let's find another outdoor space, or try picking a different time to eat together tomorrow."



Consent and Communication

"I'm not comfortable here given that some people are not wearing their face coverings. Where else could we go to have fun?" 



Consent and Communication

"I'm glad to know you and your roommate are in agreement that you are not inviting other students into your room even though it's allowed now up to a certain limit."



Consent and Communication

"Now that physical distancing requirements have changed and we're in each other's close contact circle, I'd like to hug you. Are you okay with that?"



Consent and Communication

- Be generous with yourself and others
- Ask for help with communication and boundaries if you need it



Managing Disagreements

- Discuss comfort levels and expectations about activities beforehand
- If disagreements or miscommunications come up pause before responding



Managing Disagreements

- Offer compromises
 - Are there activities that are similar to the original plan that respect everyone's boundaries? 
 - Are there creative ways that everyone can be involved?



Managing Disagreements

- Find a mediator
 - If the disagreements seem to be frequent, it could be helpful to have an objective third-party who can help mediate the conversation
 - Residential Life or Health and Wellness Education staff can help students with this



Reminding others about pledge items

- Acknowledge that this is a new way of communicating in our community
- Assume best intentions in others
- Take a non-judgmental approach
- Use "I" statements
 - When you...
 - I feel...
 - I imagine...
 - I need/want...



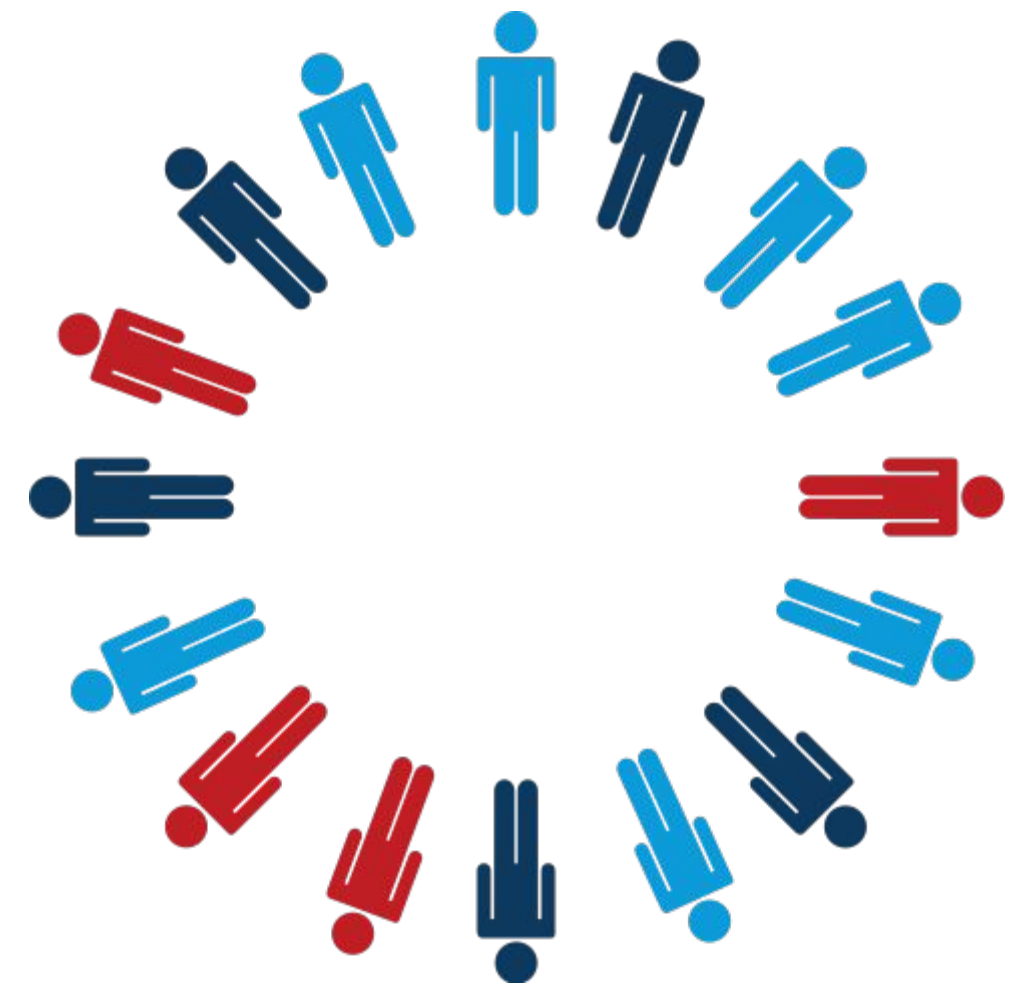
Receiving reminders about the pledge

- Have a receptive mindset
 - Be ready to listen actively
 - React non-defensively
 - Restate the feedback to ensure clear communication
 - Thank the individual providing the feedback



Receiving reminders about the pledge

- Be willing to change your behavior  to account for others' needs
- Remember that community health is a priority for everyone



Student Health Pledge



Social Scripts

Be proactive and start the conversation

"I am excited to be with you on campus and I want to make sure we stay safe."



Can we talk together about how we plan to follow COVID-19 safety expectations when we spend time together?"



Face coverings

"I noticed you're not wearing a face covering right now, I know I've stepped outside and forgotten mine also.



I can take notes for you while you go back to your room to get one."



Physical distancing

"I feel uncomfortable with the distance between us. You might have not realized I was here. Can you please give me some more space?"



Hand hygiene

"Since we're not near a restroom, can everyone please use hand sanitizer before coming into the lounge?" 

It will make me feel more comfortable about hanging out if everyone's hands are clean, even though we're still practicing strict physical distancing."



Getting ready to attend an event

"If any of us feel uncomfortable about anything at the event, COVID-19 related or not, let's pick a safety word we'll use to communicate that to each other discreetly. If we hear that word, we should grab our coats and meet outside to talk."



Gathering size

"I'm concerned about this gathering because there are a lot of people in this space. I want to take physical distancing seriously."



"Will you leave with me?"



Health check

"You've mentioned a few times today that you're not feeling well. Have you thought about how your symptoms might line up with the health check questions?..."



Health check

...Instead of waiting until tomorrow to complete another check, you can call  Health Service or book a telehealth appointment to get a medical provider's opinion about what might be going on."



Person in power

"I have noticed our shared space sometimes isn't following the physical distancing requirements for the phase we're in. It's important to me to be here, but I'm having trouble participating fully because of this. Can you give our group a reminder about practicing keeping our distance?"

